

Suggested Use: Using the dosage chart, add 1-3 scoops of MRP to 8-14 ounces of cold water or your favorite beverage and stir, shake, or blend. To make a creamy smoothie, add 2-3 ice cubes and put into blender for 20-30 seconds. Vary the amount of liquid to meet your desired taste and consistency. *For delicious pudding:* Spoon stir water slowly into MRP powder until you achieve a pudding consistency. Place in a refrigerator or freezer for 20 minutes.

	SNACK	MEAL (under 145 lb)	MEAL (over 145 lb)
SERVING	1 scoop	2 scoops	3 scoops
CALORIES	85	170	255
PROTEIN	9 G	18 G	27 G
CARBS	9 G	18 G	27 G
FAT	1.75 G	3.5 G	5.25 G
FIBER	2 G	4 G	6 G

50% PROVIDES UP TO 4 HOURS SUSTAINED RELEASE PROTEIN

FAST RELEASE WHEY PROTEIN ISOLATE

SLOW RELEASE MICELLAR CASEIN

50%

COMPLETE 40:40:20 MEAL REPLACEMENT SHAKE

- 40% PROTEIN:** Combines 50% Whey Protein Isolate and 50% Micellar Casein to provide 4-hours of sustained release amino acid delivery.
- 40% COMPLEX CARBS:** Includes Highly Branched Cyclic Dextrin with a low glycemic load to promote level insulin response and continuous energy release.
- 20% FATS:** MCT sourced from coconut oil. Provides fat in the diet which is used to support energy and growth without contributing to stored body fat.
- VITAMIN MINERAL COMPLEX:** Contains a full spectrum of vitamins and minerals.



NUTRABIO

GLUTEN & SOY FREE | BSE/TSE FREE

MUSCLE MATRIX
MRP
Women's Formula

40:40:20 MEAL REPLACEMENT

- 4-HOUR Protein Release
- LOW Glycemic Carbs
- VITAMINS Minerals & Fiber

Natural & Artificial Flavoring
Dietary Supplement
Net Wt. 1.7lbs (775 grams)

CREAMY VANILLA

MADE IN OUR GMP & FDA INSPECTED FACILITY

18G PROTEIN

170 CALORIES

3.7G BCAAs

Supplement Facts

Serving size: 2 scoops (43.1 grams)
 Servings per container: 18

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 170		Calcium 293 mg	29%*
Calories from Fat 30		Iron 180 mcg	1%*
Total Fat 3.5 g	5%*	Phosphorus 153 mg	15%*
Saturated Fat 3 g	16%*	Iodine (potassium iodide) 75 mcg	50%*
Cholesterol 5 mg	2%*	Magnesium 8 mg	2%*
Total Carbohydrate 18 g	6%*	Zinc (zinc citrate) 8 mg	50%*
Dietary Fiber 4 g	16%*	Selenium (selenium chelate) 35 mcg	50%*
Sugars <1 g	†	Copper (copper oxide) 1 mg	50%*
Protein 18 g	36%*	Chromium (chromium nicotinate chelate) 62 mcg	52%*
Vitamin A (palmitate) 2511 IU	50%*	Sodium 73 mg	3%*
Vitamin C (ascorbic acid) 30 mg	50%*	Potassium (potassium phosphate) 140 mg	4%*
Vitamin D (cholecalciferol) 200 IU	50%*		
Vitamin E (dl-α-tocopheryl acetate) 15 IU	50%*	Whey Protein Isolate (WPI 90) (non-denatured) 10.5 g † (CFM cross flow micro and ultra-filtered WPI90. Cold processed. Instantized with sunflower lecithin. Yielding 9.3 g complete protein.)	
Vitamin K (phytonadione) 40 mcg	50%*	Micellar Casein (non-denatured) 10.5 g † (Cold processed. Instantized with sunflower lecithin. Yielding 8.7 g complete protein.)	
Thiamin (thiamine mononitrate) 753 mcg	50%*	Highly Branched Cyclic Dextrin (as ClusterDextrin®) 10.3 g †	
Riboflavin (Vitamin B2) 856 mcg	50%*	MCT Powder (Medium Chain Triglycerides) 6.5 g †	
Vitamin B3 (niacinamide) 10 mg	50%*	Fiber Matrix (Fibersol2® fiber 4 g, xanthan gum 350 mg) 4.4 g †	
Vitamin B6 (pyridoxine HCl) 1 mg	50%*	Flavor Profile 735 mg † (natural vanilla flavor 610 mg, salt 65 mg, sucralose 60 mg)	
Folic Acid 200 mcg	50%*		
Vitamin B12 (methylcobalamin) 3 mcg	52%*		
Biotin 150 mcg	50%*		
Pantothenic Acid (Vitamin B5) 5 mg	50%*		

* Percent Daily Values are based on a 2000 calorie diet.

† Daily Value not established.

Other Ingredients: ABSOLUTELY NONE.

Allergens: Milk

This product is intended as a dietary supplement only. Do not use as a sole source of nutrition.

Store in a cool dry place. Serving scoop included (may settle to the bottom during shipping.)

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Made in the USA.
Manufactured in our own FDA inspected cGMP facility complying with FDA 21 CFR Part 111 regulations. FDA Registration: 16906175560

NUTRABIO®
WITHOUT COMPROMISE SINCE 1996

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